

SCHOOL NEWSLETTER

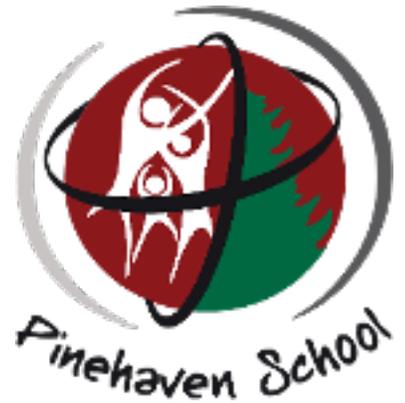
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PRINCIPAL'S PEN - A NOTE FROM KAYLENE.....

Kia ora!

I hope the week of learning from home has started well for you and that the information we have sent to you is clear and easy to follow. Remember there are lots of choices and your child does not need to complete all activities! I want to emphasise the importance of minimising stress during this time and make sure you understand that we are flexible in our approach to learning from home.

In this uncertain time of learning, here are some things I am certain of:

- We are no doubt going to have some technical difficulties! Just breathe, don't worry and email us - we'll try to help.
- This is NOT going to be like regular school. Your child will be learning, just in a different way!
- Your child should not be sitting all day with you watching over their shoulder - they don't get that at school from a teacher!
- Play and well-being are key - keep up the fun, the family activities and the exercise - these are important for your children.
- It's going to be fun! The staff meetings over google hangout have been a new way of working and I know the teachers have been looking forward to catching up with students this week.
- We will survive - check out Karla's survival tip for parents/caregivers on the next page!

I hope you are all keeping well in your bubbles! I'll keep you posted on any updates around changes in alert levels and the impact on our school programmes.

Kaylene

KEY DATES

15 April: Term 2 begins - Learning From Home!

27 April: Anzac Day Holiday

(Anzac Day being observed on Monday 27th).

20 April: Government Announcement on Alert Levels

This will provide us with more information about the impact it will have on learning and school.

Make sure you've joined our school facebook group where we are sharing lots of information! Email facebook@pinehaven.school.nz with your child's year, your email address linked to the your facebook account.

NUDE FOOD

Thanks to those who have been sending recipes for wrap free lunchbox snacks through. Here's one from Rose-Anne. I'll continue to put them in the newsletter as the year progresses, so do send them to me.

Busy people's bread

In a bowl assemble:

1 cup boiling water

2t honey, melted in the hot water

Add 1 cup cold water

Sprinkle the above with 3.5t active yeast granulated.

Leave to rise 10 minutes then add to:

1.5 cups high grade white flour

1.5 cups wholemeal

1.5t salt

1 cup sunflower seeds

Mix to a wet dough. Tip into prepared loaf tin ... I line mine with baking paper. Score across top in 3 or 4

places to stop it splitting, top with 2T pumpkin seeds.

Put in oven at 80 degrees for 20 minutes. Then turn up oven to 210 degrees for 30-40 minutes.

Remember to hold onto saleable second hand goods for our Family Fun Day White Elephant stall later in the year!

School's Out vs I Will Survive (written by Karla Billington)

Monday 23rd March will forever be etched in New Zealand's history as the day we found we were moving into Level 4 lockdown. The song "I will survive" by Gloria Gaynor quickly began chorusing through my mind. Quite different to that of my son who loudly sang, "School's Out!" by Alice Cooper when I picked him up. Information from schools, workplaces, media, and other emails began pouring in and the overwhelming feeling of fight versus flight started pumping through our communities. Queen's "Keep yourself Alive" became our theme song while we lived on adrenalin for those first few days. Looking back it is good to take a minute or two and process what happened. A great piece of advice for getting through any traumatic experience is;

Just get through the next 24 hours. Then the next 24 hours...

We must take time to celebrate the small things and congratulate ourselves and our tamariki that yes even though we may have first been afraid, we did survive and yes we are still surviving. There is a truckload of helpful advice and support available online. Sometimes it can feel overwhelming, too much and we don't know where to start or end!

Let me share 3 tips that we have implemented in our family to help us get through this season.

1. Have a quick stand up/ what's on top meeting at 8:00am every weekday to chat about what's happening that day – great for those who are 'planners' and need structure in their day.
2. Practice gratitude – *I am grateful/thankful for*
3. One day jar – when we miss something or really want to do something outside our bubble we write it down and put it in a jar to do after lockdown.

We will get through this together Pinehaven School. Remember help is always available if you need it:

Helplines

- [1737](tel:1737) – Free call/text anytime (support from trained counsellor).
- [Lifeline](tel:0800543354) – 0800 543 354 or free text 4357 (HELP)
- [Youthline](tel:0800376633) – 0800 376 633 or free text 234
- [Samaritans](tel:0800726666) – 0800 726 666

<https://www.mentalhealth.org.nz/get-help/covid-19/>

<https://www.theparentingplace.com/>

Keep being kind and keep being awesome.

Kia kaha!